

# Learning to pray: Seven types of prayer

Rosalind Tompkins

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(Photo: Rosalind Tompkins/TLH  
blogger)

My husband and I went to see the movie “War Room” over the Labor Day weekend. “War Room” is a faith-based movie about the power of prayer.

Hollywood movie critics were surprised at how well the movie is doing at the box office because it is not filled with sex, drugs, and rock and roll. “War Room” is a movie that is filled with faith, love, and prayer and I would recommend it to all, especially believers in Christ. I was particularly blessed by the movie because I can relate to the topic of prayer. As a matter of fact, I recently shared a Bible study about the different types of prayer at my church, Turning Point International. I believe that just like one of Jesus’ disciples asked Him to teach them to pray, we too must learn how to pray.

I was interviewed on a radio show the other day and as I shared my personal story of addiction and recovery, the host of the show asked me to share the key to how I made it off drugs. I immediately told him that I owed it to my mother’s prayers for me. That caused me to once again think about the different types of prayer that we must learn to pray because often we lift up prayers of supplication from a place of fear, when we really should be praying intercessory prayers from a place of faith. When we don’t pray the correct prayers we can feel as though our prayers are just bouncing off the ceiling and are not being heard, much less being answered.

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That's why I like the acronym, P.U.S.H. that stands for Pray Until Something Happens. The something in many cases is enveloped in peace. When you pray until something happens [https://subscribe.tallahassee.com/?subscribe%5Bgps%5D=source%5D=CPCAMBARD&subscribe%5Butm\\_campaign%5D=2019PRESDAY&subscribe%5Butm\\_content%5D=freearticlesleft&subscribe%5Bsource%5D=72100692%2F](https://subscribe.tallahassee.com/?subscribe%5Bgps%5D=source%5D=CPCAMBARD&subscribe%5Butm_campaign%5D=2019PRESDAY&subscribe%5Butm_content%5D=freearticlesleft&subscribe%5Bsource%5D=72100692%2F)

Seven types of prayer:

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- Communion (All day all the time)
- Supplication (Lifting up your needs)
- Intercession (On behalf of others)
- Spiritual Warfare — There are two types: Dealing with yourself (Your mind is the battlefield) & (Repentance and Forgiveness); Dealing with Satan and demons (Putting on the Full Armor) & (Binding & Loosing)
- Prayers of Agreement (Corporate Prayer)
- Watch & Pray (Continual State of Awareness as a Watchman on the Wall)
- Prayers of Thanksgiving (Count your Blessings name them one by one)

*Rosalind Y. Tompkins received a doctorate of humanities degree from the Five Fold Ministry Theological University in 2012. Find out more at [www.Rosalindytompkins.com](http://www.Rosalindytompkins.com).*

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